



*Dr. Jason E. Barker*

*Denver's Natural Medicine Specialist  
& Wellness Expert*

303-346-1754 | JB@drjasonbarker.com

## ***The Natural Athlete Newsletter July 09***

### **It's Back!**

Hello again! I know it's been some time since you've heard from me, but the newsletter is back, and will continue to serve as a solid source of natural health information for you!

I strive to provide you with timely health information that supports your active lifestyle. As one of the only experts in the area of natural sports medicine, I continually read all of the research - so you don't have to. No gimmicks or weird stuff, just important health information (that you will probably never hear from your family doctor) that you can use to get yourself and your family healthier!

If you no longer want to receive the newsletter, then just hit the unsubscribe button. No problem...but I think this is some of the best health information available for active and athletic people!

### **Glycemic Index**

Please remember these words...cause they have to do with the 'next' biggest health revolution, and word is already spreading.

Glycemic index refers to how quickly a carbohydrate becomes sugar in our blood stream. We want this to happen, however most Americans eat too many carbs that rapidly turn into sugar (simple carbs, that is). When blood sugar is chronically elevated, some nasty things start to happen..namely obesity, type 2 diabetes & elevated blood lipids (cholesterol & triglycerides), but more importantly these are the seeds from which chronic disease springs.

Even active people need to keep an eye on how many simple carbs they consume. In fact, simple carbs should ONLY be consumed during or immediately after an exercise bout. That's it. Your body will quickly transform that newly made sugar into energy, but only during active periods. The rest of the time (when you are sedentary), it raises your blood sugar and contributes to the above chronic disease processes.

I strongly encourage you to learn more about the Glycemic Index. You can read all about it by a simple Google search. It can really help you make healthy food choices, and head off those lifestyle diseases. This isn't just for diabetics, either. Everyone needs to know this if they want to protect their health. And mark my words, this will be the next 'big' issue in health and medicine!

### **Things You Can Do Now for Your Health**

Here are a few of my favorite things...

1. Eat more plants! I don't care what kind you eat (as long as they are fresh), just get more in your diet! Getting the nutrients in plant foods (beyond vitamins and minerals) is probably one of the best ways to stay healthy and prevent disease. I had a conversation with a cancer researcher, one of the many people working to find a cure for cancer. I asked him what is the one thing I should do to not get cancer...and do you know what he said? That's right, "Eat more plants"!

Besides this, a plant based diet (and I'm NOT saying you need to be a vegetarian) will keep your body less acidic, decrease inflammation and prevent injury, all of which is described in the research literature.

People that consume a plant based diet have less illness & disease, period. I recommend two things: read "The China Study" and get yourself a Vita-Mix or similar product that can turn all those fruits and veggies into a delicious drink. I do this so I can get 'em all in, rapidly!  
P.S. I can help you get a Vita-Mix for a discount - give me a call.

2. Get on a smart supplementation plan. When I say smart, I mean have a professional help you choose the right supplements. Going to the grocery and buying whatever nilly-willy is a waste of time and money. There is a lot of bad supplement information out there. Find someone that can help you get on the correct supplements for your particular needs. Supplements are necessary because we often don't get all we need in a diet, and there are many others that can both prevent and treat certain health conditions. Dr. Barker can of course help you with this information.

#### **Contact Information:**

##### **Clinic Address**

Rocky Mountain Natural Medicine  
Located inside The Center for Spine Pain  
Highlands Ranch, Colorado 80129  
[Map](#)

##### **Phone**

**303-346-1754**

##### **Web**

[www.DrJasonBarker.com](http://www.DrJasonBarker.com)

##### **Email**

[JB@DrJasonBarker.com](mailto:JB@DrJasonBarker.com)

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